

VIDEO ROUNDTABLE

ABSTRACT

Basal Insulin/GLP-1 RA Fixed-Ratio Combinations as an Option for Advancement of Basal Insulin Therapy in Older Adults With Type 2 Diabetes

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Type 2 diabetes (T2D) disproportionately affects older adults, a population that is growing rapidly. The reduced ability of beta-cells to produce insulin over time means that many older adults require basal insulin therapy. Furthermore, because of the more prominent contribution of postprandial glucose to overall glycated hemoglobin (A1C) in older adults, many require advancement of basal insulin therapy. Older adults represent a heterogeneous population and treatment goals are complex, with overtreatment increasing the risk of complications.

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DISCLOSURES

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In this video series available on the MDedge Family Medicine website, the authors discuss the unique pathophysiology of T2D in older adults and the associated treatment considerations. The authors review how overtreatment increases the risk of complications, highlighting the need for individualized glycemic targets and therapeutic strategies, including those for patients in long-term care. The authors discuss options for the advancement of basal insulin therapy in older adults and review the advantages and disadvantages of each approach by examining phase 3 trial data, subgroup analyses for older adults, and results of retrospective database analyses. Options for treatment simplification are also discussed with comparison of efficacy, safety, and patient-reported outcomes for basal insulin/gluca-gon-like peptide 1 (GLP-1) receptor agonist fixed-ratio combination therapies vs complex insulin regimens. The authors discuss practical tips that can be used to develop appropriate strategies for the advancement of basal insulin therapy in older adults with T2D. They also offer advice on the individualization of glycemic targets and how to identify patients who will benefit from treatment deintensification and/or simplification to reduce treatment burden and the risk of hypoglycemia. ●

VIDEO

The video roundtable associated with this abstract can be found online at <https://www.mdedge.com/JFP/Fixed-Ratio-Combinations-Therapy-in-older-adults-with-T2D>

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